

## FIT BY GOD FITNESS COMPLEX

## OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

703-670-0225 email: LValkenburg@FirstMountZionBC.org

## FITNESS COMPLEX HOURS

Monday
9 am to 12 pm
&
5 pm to 9 pm

Tuesday
9 am to 12 pm
&
5 pm to 9 pm

Wednesday
9 am to 12 pm

Thursday
9 am to 12 pm

Friday
9 am to 12 pm

Saturday
9 am to 1 pm

5 pm to 9 pm

August 2017	Fitness	Compl	lex Events
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Mon	Tue	Wed	Thu	Fri	Sat
9 am-12 pm Open Basketball  5 pm-7pm Open Basketball  7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball  5 pm-9pm Open Basketball	9 am-12 pm 2 Open Basketball	9 am-12 pm Open Basketball 5 pm-7 pm Open Basketball 7 pm-9 pm Open Volleyball	Open Basketball	Church 5 Meeting; Open After Meeting
9 am-12 pm 7 Closed for Upkeeps 5 pm-9 pm Closed For Revival	9 am-12 pm 8 Closed for Upkeeps 5 pm-9 pm Closed For Revival	9 am-12 pm 9 Closed for Upkeeps	9 am-12 pm 10 Basketball Floor, Stage & Track Closed. Fitness Room Only Open 5 pm-9 pm Closed For Revival	Closed. Fitness Room	•
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 15 5 pm-9pm Open Basketball	9 am-12 pm 16 Open Basketball	9 am-11 am Open Basketball  5 pm-7 pm Open Basketball  7 pm-9 pm Open Volleyball	9 am-12 pm 18 Open Basketball	9 am-1 pm 19 Open Basketball
9 am-12 pm Open Basketball  5 pm-7pm Open Basketball  7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 22 5 pm-9pm Open Basketball	9 am-12 pm 23 Open Basketball 9:30 am-10:30 am Walk & Tone	9 am-12 pm Open Basketball  5 pm-7 pm Open Basketball  7 pm-9 pm Open Volleyball	9 am-12 pm 25 Open Basketball	9 am-1 pm 26 Open Basketball
9 am-12 pm Open Basketball 5 pm-7pm Open Basketball 7 pm-8:30pm Line Dancing	9 am-12 pm Open Basketball 29 5 pm-9pm Open Basketball	9 am-12 pm 30 Open Basketball			9 am-1 pm 2 Open Basketball